



The NH State Employee Wellness Program Invites All Agencies to Take the **"Stairway to the Mountains"**

The *Stairway to the Mountains* is based on a simple idea. Instead of taking the elevator in a building, take the stairs. Instead of sitting while watching your favorite TV show, step up and down on an aerobic stepper. We often overlook this easy (and free) way to incorporate physical activity into our lives. Choosing the stairs is a quick way for people to be more active and stay healthy. Why not keep track and try and step the equivalent of a mountain(s) in the New Hampshire Presidential Range:

Mt. Eisenhower (9,522 steps)

Mt. Madison (10,726 steps)

Mt. Monroe (10,770 steps)

Mt. Pierce (10,770 steps)

Mt. John Quincy Adams (10,820 steps)

Mt. Jefferson (11,430 steps)

Mt. (John) Adams (11,596 steps)

Mt. Washington (12,576 steps)

The State Wellness Program will recognize participants each quarter that step the equivalent of a mountain(s) with certificates and recognition on the State Wellness website and will be entered into a drawing for a free NH State Park pass.

Why your agency should participate in the *Stairway to the Mountains*

We know that regular physical activity is an important part of enjoying a healthy lifestyle. It's frequently challenging to be physically active when our lives are so busy. For many of us, a natural reaction is to press the elevator button and not look for the stairs. Just as we are thinking differently about the food we eat and changing other lifestyle habits, taking the stairs should be a part of our everyday routine. Short intervals of physical activity - broken into 10 minute periods throughout the day - can contribute significantly to one's overall fitness and health.

Participating in the *Stairway to the Mountains* is a fun, easy way to invest in and promote health to your employees. Research shows that a healthier workforce benefits both the employer and employees by:

- Enhancing employee relations and morale
- Reducing absenteeism and increasing "presenteeism"
- Lowering health care costs

A recent study by the Centers for Disease Control and Prevention found an increase in stair use when signage was displayed at the decision point between the stairs and the escalator or elevator. The study also said that stairwell use is a lifestyle choice that helps increase overall physical activity.

If State agencies encourage taking the stairs, employees may adopt this behavior more generally, choosing to use the stairs in other environments. Posting stair prompts may also increase awareness about the overall benefits of physical activity.

How it works

Stairway to the Mountains is free and easy to implement. We will provide your agency with a variety of informative, upbeat stair prompts to post near elevators and stairwells to prompt users to choose to use the stairwell.

Stair prompts use creative messages designed to influence one's decision about whether or not to take the stairs. **In order for an employee to be recognized for stepping the equivalent of any of the Presidential Mountain(s), their agency must post stair prompts in their buildings and submit the Agency Registration Form on page 3 of this packet.** Agencies without stairs in their building can still participate in the *Stairway to the Mountains* by posting walking route maps around their building! Contact Mike Loomis (Michael.loomis@nh.gov) to discuss this option if your Agency does not have stairs.

Ready to take action?

Complete the Agency Registration Form on pg 3 of this packet and email or fax it back to us. We'll work with you to implement this easy and fun program. For questions and information contact: Michael Loomis, Wellness Program Specialist at 603-271-4103 or Michael.loomis@nh.gov.

For more ideas to encourage stair use at your workplace, visit the Centers for Disease Control and Prevention's [StairWELL to Better Health](#) page. This toolkit includes recommendations to improve stairwell appearance and usage.

Instructions for Agency Participation

- ☐ **Agency Registration Form (page 3):** To be completed by agency. Fax this form to Michael Loomis, Wellness Program Specialist at 603-271-7049 or email it to Michael.loomis@nh.gov. Your agency must complete this form in order to have your agency and any employee from your agency recognized by the wellness program for participation.
- ☐ **Poster (page 4):** Poster for the agency to promote participation.
- ☐ **Stair Prompts (in separate document):** Post around elevators and stairwells.
- ☐ **Employee Participant Packet (in separate document):** Instructions for employees/participants on how to participate. Please ensure you are able to pass this packet to off-site employees and employees without email or computer access.



“Stairway to the Mountains”

Agency Registration Form

Agency Name: _____

Wellness Coordinator: _____

We commit to placing stair prompts at the following locations

Building Name	Building Location

(For additional buildings, please use an additional form.)

Would you like assistance in placing the signs? ☐ Yes ☐ No

Materials Request	Quantity Requested (up to 25 sets)
Stair Prompts (set of 4 assorted printed signs)	

The above-listed agency will participate in State of NH Wellness Program's *Stairway to the Mountains* and authorize that our agency name be included in the list of participating agencies.

Agency Manager/Supervisor Name (please print): _____

Title _____

Phone (____) ____ - ____ Ext ____ Email _____

Signature _____ Date _____

.....
Please email or fax completed form to 603-271-7049

For more information please contact Michael Loomis at 603-271-4103



The NH State Employee Wellness Program Invites You to Take the **"Stairway to the Mountains"**

Taking the stairs is one way to be more physically active! Choosing the stairs instead of the elevator is a quick way for people to be more active!

Why not keep track and step the equivalent of a mountain (or more!) in the NH Presidential Range!

Mt. Eisenhower (9,522 steps)
Mt. Madison (10,726 steps)
Mt. Monroe (10,770 steps)
Mt. Pierce (10,770 steps)

Mt. John Quincy Adams (10,820 steps)
Mt. Jefferson (11,430 steps)
Mt. (John) Adams (11,596 steps)
Mt. Washington (12,576 steps)

**Participants that step the equivalent of any
Presidential Mountain(s) can submit their
achievement for wellness glory***

For more information about how to participate, contact:
Michael Loomis, State Wellness Program Specialist
271-4103 or Michael.loomis@nh.gov

* Participants will be recognized quarterly on the State of NH Employee website and will be entered into a drawing for a FREE State of NH Park Pass.